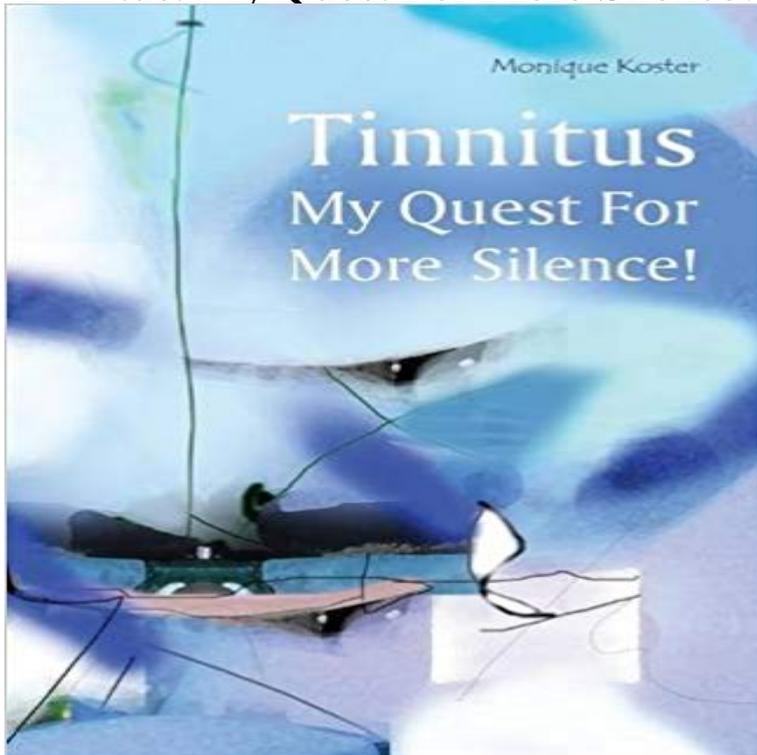


Tinnitus: My Quest For More Silence!



The author had been really bothered by tinnitus for five years. Now she describes what she has done to get rid of it. The tinnitus is not completely gone, but because she continued her quest, she ultimately found a way to lessen its effects. Now she does not have to walk all day wearing headphones. This booklet tells how she was able to get her life back. Monique Koster (Apeldoorn, 1967) studied at the Art Academy in Arnhem, and at the Art Academy in Utrecht. Then, she took a course in web design and worked as a web designer. A few years after the birth of her first child, she got tinnitus. This book tells us something to be done about it, but you should know where you need to find your answers.

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